

## **Abstract**

**Title:** Quality of life in renal transplant recipients and the possibilities of its affecting through different forms of intervention.

**Aims:** 1) To evaluate quality of life in renal transplant recipients and compare it with that of the general population. 2) To analyze effects of a 6 months controlled intervention exercise program, special diet, combination of special diet and exercise program and control group on the health related quality of life and to compare results between groups.

**Methods:** We studied a composite group of 21 patients (mean age  $58,4 \pm 9,34$  years) after renal transplantation. Patients were randomly divided into four groups, each group had different program, as described above. The assessment of the quality of life was performed twice, before and after six months of a regular intervention program. We used standardized questionnaires KDQOL-SF<sup>TM</sup>. We have also assessed the importance of individual dimensions of quality of life with questionnaire WHOQOL – 100. Results were analyzed using descriptive statistics, non-parametric Wilcoxon signed-rank test and non-parametric Kruskal Wallis test. Statistically significance was considered on  $p \leq 0,05$ .

**Results:** After the pre-test and evaluation of the quality of life we assessed, that from 8 dimensions there were 5 lower after the transplantation compared with the population norm. After post-test we have observed higher improvement in quality of life evaluation in a group with special nutrition program, then in the group with a combination of exercise and nutrition, exercise group and a control group without intervention program.

**Conclusions:** In general, we can claim, that the quality of life improve with renal transplantation. In some dimensions were values even higher than in the population norm. The group with a special nutrition program achieved the highest values mostly in all dimensions of the quality of life after completion of the intervention program. However, in most cases the changes were not statistically significant.

**Key words:** health-related quality of life; renal transplantation; physical intervention; nutrition.